

Healthy Eating Standards:

Main meal provision



**HEALTHY EARLY
YEARS AWARD**
Southampton

Food Based Standards	Essential at Bronze & Silver	Desirable at Bronze Essential at silver
Breakfast (if provided)		
All breakfasts provide at least one portion of starchy food, one portion of dairy produce, and one portion of fruit / vegetable* <i>* E.g. a) cereal with milk & chopped banana, b) toast with yoghurt & fruit, c) scrambled egg & mushrooms on toast, with a drink of milk</i>	✓	
Low and medium sugar (containing less than 15g per 100g of product) varieties of cereal are used, e.g. porridge, wheat biscuits, shredded wheat, cornflakes, rice crispies	✓	
Starchy food		
All meals provide a variety of at least one portion of non-fried starchy food* (at least 3 different varieties are included each week) <i>* E.g. bread, pitta bread, naan, chapatti, potatoes, rice, pasta, noodles, cous cous</i>	✓	
Wholemeal/wholegrain varieties are provided for at least one breakfast, lunch and tea each week	✓	
Choose bread and bread products with lower salt content (less than 1.5g salt [0.6g sodium] per 100g of product – often shown as green or amber on the food label)	✓	
No instant mashed potato is provided (unless it contains no added salt)		✓
Canned pasta in sauce, e.g. spaghetti hoops	Limited	Not provided
No processed flavoured rice, pasta or noodles are provided, e.g. Pot Noodle, Super Noodles, Pasta 'n' Sauce	✓	
Oven-cooked processed potato products (e.g. curly fries, potato smiles, potato waffles) are served a maximum of <u>once per week</u>	✓	
Roast potatoes and chips (fried or cooked in oil) are served a maximum of <u>once per week at lunch and once per week at tea</u>	✓	
Meat, Fish & Alternatives		
All lunches and teas provide a variety of at least one portion of protein-rich foods, including meat or a suitable meat alternative*. This could include cheese/yoghurt in line with the cheese-based vegetarian meals criterion	✓	
A suitable non-meat protein source* is included at least once a week at lunch and tea for all children. This could include cheese/yoghurt in line with the cheese-based vegetarian meals criterion	✓	
Vegetarian children are provided with 2-3 portions of suitable meat alternatives* each day. This could include cheese/yoghurt in line with cheese-based vegetarian meals criterion	✓	
Oily fish (e.g. salmon, pilchards, sardines, trout, mackerel, fresh tuna) NB tinned tuna is not considered oily	Included once every 3 weeks	Included once every week (but no more than twice per week)
Bought or homemade meat products, e.g. sausages, burgers, sausage rolls, chicken nuggets, are served a maximum of <u>once per week</u>	✓	
Bought or homemade fish products, e.g. fish fingers, fish goujons, breaded fish are served a maximum of <u>once per week</u>	✓	
Bought or homemade products from meat alternatives, e.g. vegetarian sausages, beanburgers are served a maximum of <u>once per week</u>	✓	

Avoid shark, swordfish, marlin, raw shellfish, raw / partially cooked eggs and whole nuts			✓	
Cheese-based vegetarian meals are served a maximum of twice per week			✓	
Fruits & Vegetables (including fresh, frozen, tinned, stewed and dried, and pulses such as lentils and beans)				
At least one portion of fruit and/or vegetables are offered as part of breakfast, lunch and tea			✓	
A variety of types is provided and are served appealingly (at least 4 different types are offered each day across full day care, or 2 during sessional care)			✓	
Tinned fruit is always in natural juice, not syrup – and served at mealtimes only			✓	
Tinned vegetables and pulses are always in water, not brine			✓	
Use lower salt and sugar varieties of baked beans			✓	
Dried fruit is served at mealtimes only			✓	
Pulses can be counted as one of the daily portions of fruit/vegetables. Baked beans may also count as a fruit/vegetable portion, but only once per week.			✓	
Milk & Dairy Products				
3 portions are offered for children in full day care. At least 2 portions are offered for children having two meals, and 1 portion for children having just one meal			✓	
Full-fat yoghurts, fromage frais, cheese and cream cheese are provided for children under 2 years of age			✓	
Where possible, avoid sweetened yoghurts and fromage frais (including non-dairy alternatives) and choose plain unsweetened options. If sweetened yoghurts are included in the menu, they should contain a sugar content of no more than 15g of sugar per 100g			✓	
Either full fat or semi skimmed cow's milk or unsweetened calcium fortified non-dairy alternatives can be provided for children from 1 year of age.			✓	
Avoid unpasteurised milks and dairy products, mould-ripened cheeses, soft, blue-veined cheeses and rice milk			✓	
Snacks (children under 12 months need any snacks between meals and milk feeds)				
Morning and afternoon snacks are provided as needed (at least one fruit/vegetable and one starchy snack each day)			✓	
At least 3 different varieties of starchy food is offered across the week			✓	
Dried fruit is not provided as a snack			✓	
No cakes, biscuits, crisps or confectionery are provided as snacks			✓	
<div> <div> Choose from these starchy options: <ul style="list-style-type: none"> • Plain bread products & crackers, e.g. crispbread, oatcakes, crackers, rice cakes, breadsticks, matzos, melba toast • Any type of bread / toast (variety of white, brown, wholemeal, granary); sandwiches, pitta bread, crumpets, bagels, bread muffins, tortilla wraps • Plain scone, drop scone, plain pancake • Breakfast cereals (<15g sugar per 100g) with or without milk </div> <div> Choose from these fruit / vegetable options: <ul style="list-style-type: none"> • Fresh fruit • Raw vegetables (e.g. peeled carrots, pepper, tomato, cucumber, celery) </div> <div> Other suitable foods which can be included: <ul style="list-style-type: none"> • Cheese • Unsweetened yoghurt or fromage frais • Suitable spreads • Meat, fish, eggs and meat alternatives (e.g. hard-boiled egg, hummus, sandwich fillings) can be included as snacks <i>no more than twice a week</i> </div> </div>				

Additional Dishes		
Each lunch and tea should consist of 2 dishes (a main dish and an additional dish). This additional dish could be a starter such as soup, side dish such as vegetable sticks and dip, or a pudding such as plain yoghurt and fruit	✓	
If choosing to offer a pudding option as an additional dish, offer items with a lower sugar content. Examples include fruit with natural yoghurt, natural yoghurt with cereal, unsweetened rice pudding, stewed fruit with fromage frais, or fruit-based milkshakes using whole fruit and no added sugar. For recipe ideas, visit the NHS Healthier Families website	✓	
If choosing to offer a baked pudding with added sugar, limit this to <u>once per week</u> . Consider using recipes free from added sugar (for recipe suggestions, refer to our Sugar-Free Baked Pudding Recipes factsheet)	✓	
A variety of additional dishes are served	✓	
Drinks		
Tap water and plain milk are the only drinks provided	✓	✓
Milk is provided between meals only (and is <u>not</u> provided as a drink at mealtimes (except breakfast))	✓	
Water is freely available throughout the day	✓	
No squash, fruit juices (diluted or undiluted), fizzy drinks, tea, coffee or other drinks containing caffeine and/or other stimulants, are provided	✓	
Milkshakes / smoothies may be provided as an additional dish, but not as a drink (see 'additional dishes' section). Milkshakes should <u>not</u> be sweetened.	✓	
Reducing salt, saturated fat and sugar		
No salt is added in cooking or at the table	✓	
Limit bottled condiments, e.g. tomato ketchup. Tomato sauce may be provided a maximum of <u>once per week</u> at a mealtime, and only if requested by the child	✓	Avoid
Use spreads rich in mono-unsaturated and poly-unsaturated fats, e.g. olive, rapeseed, sunflower, soya, safflower-based spreads containing fat content of greater than 40g per 100g of spread (i.e. avoiding the 'low fat' or 'light' varieties)	✓	
Use as little oil in cooking as possible. Choose oils high in unsaturated fat, e.g. olive or sunflower oil	✓	
Pastry products should be avoided. If included, they must not be served more than <u>once per week</u> .	✓	
Convenience Foods & Other Products to Avoid		
No ready meals (microwave/oven cooked) or takeaways are provided	✓	
Tinned and frozen foods, such as tinned fruit, frozen vegetables, pizza and processed meats (see 'meat, fish and alternatives' section for restrictions) may be used to make up meals	✓	
Ready-made/processed sauces or soups	Limit	Avoid
Foods & drinks containing flavour enhancers such as monosodium glutamate (MSG / E621)) or the following artificial colours and preservatives are not provided: Tartrazine (E102), Quinoline yellow (E104), Sunset yellow (E110), Carmoisine (E122), Ponceau 4R (E124) and Allura red (E129)	✓	

*Suitable Vegetarian Meat Alternatives include:

- Pulses
 - Beans (e.g. kidney beans, black beans, pinto beans, cannelloni beans, butter beans)
 - Lentils
 - Chickpeas
 - Peas (e.g. yellow split peas, black eyed peas). Green peas can be considered a protein source when paired with a wholegrain product

- Soy-based products
 - Soybeans or edamame beans
 - Soy mince
 - Tofu or tempeh
- Mycoprotein (Fungi-based products)
 - Quorn
- Eggs
- Grains and Cereals
 - Quinoa
 - Amaranth
 - Farro